



NAVAL BASE CORONADO



SAF-T-LINES

HOLIDAY



SAFETY



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DECEMBER 2004

HOLIDAY SAFETY

The holidays are an exciting and busy time, filled with feasting, celebrating, exchange gifts, and visiting family and friends. But with all the joys of the holiday season come potential safety hazards that can cause injury and even death.



TREES

- When purchasing an artificial tree, look for the label "Fire Resistant."
- When purchasing a live tree, check for freshness because a fresh tree is less of a fire hazard. The tree should be green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt should be sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help to keep your tree from dying out and become fire hazard.
- When setting up a tree at home, place it away from fireplaces heaters. Place the tree out of the way of traffic and don't allow it to block doorways.
- Be sure to keep the stand filled with water, because heated rooms can dry live trees out rapidly.



TRIMMINGS

- Use only non-combustible or flame resistant materials.
- Wear gloves while decorating with spun glass “angel hair” to avoid irritation to eyes and skin.
- Choose tinsel or artificial icicles or plastic or non-leaded metals. Leaded materials are hazardous if ingested by children.
- Artificial snow sprays can irritate lungs if inhaled. To avoid injury, read container labels; follow directions carefully.

LIGHTS

- Indoors or outside, use only lights that have been tested for safety. Identify these by the label from an independent testing laboratory.
- Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections. Discard damaged sets or repair them before using.
- Fasten outdoor lights securely to trees, house, walls or other firm support to protect from wind damage.
- Use no more than three standard-size sets of lights per single extension cord.
- Turn off all lights on trees and other decorations when you go to bed or leave the house. Lights could short and start a fire.
- Never use electric light on metallic tree.

TOYS AND GIFTS

Be especially careful when you choose toys for infants or small children. Be sure anything you give them is too big to get caught in the throat, nose or ears. Avoid toys with small parts that can be pulled or broken off. If you are giving toys to several children in one family, consider their age differences and the chances that younger children will want to play with older kids' toys.

FIREPLACES

- Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area.

- Use care with “fire salts”, which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.
- Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

CARBON MONOXIDE (CO) RISK MANAGEMENT

With onset of cold weather, most of us have already switched on our heating systems. Beware!! If you have not maintained your heating equipment this single act can be fatal.

Carbon monoxide is a colorless, odorless and poisonous gas that results from incomplete combustion of fossil fuels such as natural or liquefied propane (LP) gas, oil, wood and coal.

Carbon monoxide poisoning is a subject that people know very little about. Not only it can kill you it can cause permanent Neurological Damage in the longer term. In the short term it can make you feel ill and inhibit your life potential.

CO poisons by entering the lungs via the normal breathing mechanism and displacing oxygen from the bloodstream. Interruption of the normal supply of oxygen puts at risk the functions of the heart, brain and other vital functions of the body.

CO is so dangerous you cannot take anything for granted. The old maxim “if something can go wrong it will” applies equally to home heating appliances. Be proactive. Use the risk management process to prevent poisoning. Here’s how

1. Identify hazards – inspect your heating system for such things as a faulty furnace/heater, closed fresh make-up air return, dirty/clogged filters, blocked return air registers, inadequate ventilation, blocked chimney flue, or inoperative CO alarm.
2. Assess risks – critical – CO likely to cause death as exposure time and concentration increases. The potential for serious harm is so great immediate action is required if any hazards are found.

3. Make risk decisions – Have a qualified technician inspect your heating system, space heaters, fireplaces, hot water heater, vents and piping.
4. Implement controls
 - Clean or replace dirty filters regularly.
 - Never use a hibachi or barbecue grill inside a home or garage.
 - Ensure the flue is unobstructed before lighting your fireplace.
 - Never leave your vehicle running in the garage.
 - Purchase and install one or more CO alarms.
5. Supervise – Be sensitive to health changes. If you suspect you or someone in your house is experiencing CO exposure or poisoning, get fresh air immediately. Open doors and windows. Call 911 and go to an emergency room. Don't wait.

ALCOHOL, PARTIES, AND DRIVING

Being a smart host or guest should include being sensible about alcoholic drinks. More than half of all traffic fatalities are alcohol-related. Use designated drivers, people who do not drink, to drive other guests home after a holiday party.

STRESS

The holiday season is one of the most stressful times of the year. You can't avoid stress completely, but you can give yourself some relief. Allow enough time to shop rather than hurry through stores and parking lots. Only plan to do a reasonable number of errands. When shopping, make several trips out to the car to drop off packages rather than trying to carry too many items. Take time out for yourself. Relax, read, or enjoy your favorite hobby at your own pace.



HAVE A SAFE



and



HAPPY HOLIDAY!

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The Navy Occupational Safety and Health Department of Naval Base Coronado publish **SAF-T-LINES**. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.